

# ABSTRACT OF THE DISCLOSURE

An ink jet recording apparatus includes a sub tank unit mounted to a carriage, and an ink supply recovery unit. In the sub tank unit, a recording head  
5 and a sub tank are mounted to the carriage. The ink recovery unit has a main tank, and is connected with the sub tank unit via a supply joint, so as to be capable of supplying ink from the main tank to the sub tank. The sub tank houses an ink absorber having  
10 a lot of cavities for holding the ink, and an average distance between cavities is 0.12 mm to 0.25 mm.